



**PERSONAL TRAINING TESTIMONIAL**

Name: Tina Matanic

**1. How long have you been a Personal Training Client?**

Two and a half years now

**2. Why did you choose Personal Training?**

I was having difficulty achieving the results with weight loss independently. I tried Tony Ferguson, Lite 'n' Easy reducing food intake, but due to hormonal problems I had no success.

**3. What do you enjoy the most out of Personal Training?**

'One on one training' maintains motivation to succeed. I have increased my knowledge on nutrition and exercise. It is fun and great to see results. I had no idea that I could achieve the results that I have. Denver has been great.

**4. What results have you received out of Personal Training?**

Great weight loss, 16kg overall, increased knowledge and know how to achieve these results. I have also increased stamina and the motivation and commitment to achieve set goals. I now look forward to exercise and look forward to each session. I cannot believe that I now enjoy running. It is an obstacle I thought I could not overcome. I can also fit into clothes comfortably and feel better then I have in many years.

Thank you

Denver